

**MOUTH-WATERING GUARANTEED**

# *The Muscle Cook's* **10 Most** *Anabolicicious* **Recipes**



**By "The Muscle Cook"  
Dave Ruel**

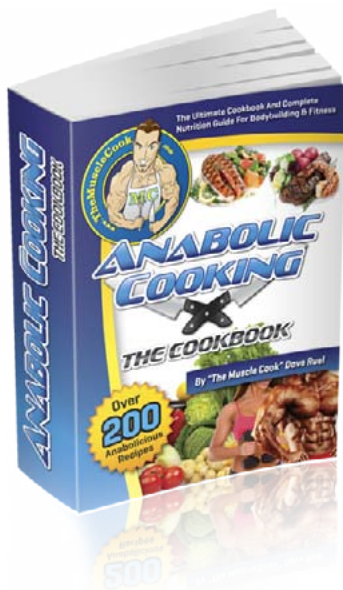


# INTRODUCTION

## The Muscle Cook's Top 10 Most Anabolic Recipes

Compliments of Dave Ruel  
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# RECIPES

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# DAVE'S ANABOLIC BLUEBERRY OATMEAL

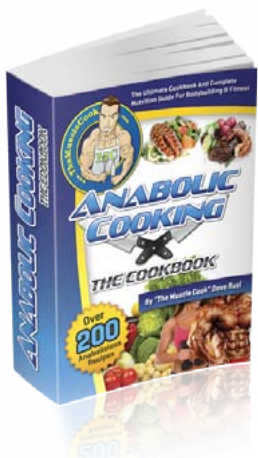
*Makes 1 serving*

## Ingredients

- ¾ cup oatmeal
- 8 egg whites
- ½ scoop chocolate protein powder
- 2 tsp pure cocoa powder
- ½ tsp stevia
- 1 tbsp flax oil
- 1 cup frozen blueberries
- ¼ cup water

## Directions

1. In a big bowl, mix all the ingredients (except for the frozen blueberries)
2. Cook in a microwave for about 3-4 minutes (cooking time vary from one microwave to another) - stir the mix 2 minutes after cooking has started (so the mix doesn't stick or create chunks)
3. Once the mix is cooked, add the frozen blueberries, mix everything and enjoy!



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the Anabolic Cooking Cookbook  
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- Per Serving --

**CALORIES: 580**

PROTEIN : 52g

CARBS : 57g

FAT : 16g

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# APPLE & CINNAMON MUFFINS

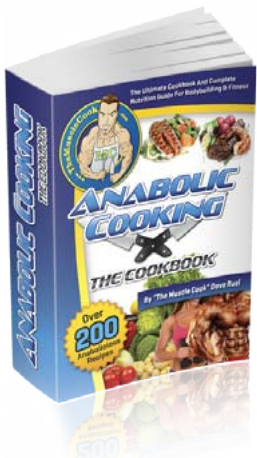
*Makes 1 serving - 3 big muffins*

## Ingredients

- $\frac{3}{4}$  cup oatmeal
- $\frac{1}{4}$  cup oat bran
- 1 tbsp whole wheat flour
- 6 egg whites
- $\frac{1}{2}$  scoop vanilla protein powder
- $\frac{1}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp stevia
- 1 tbsp flax oil
- 1 diced apple
- 2 tbsp unsweetened apple sauce
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp vanilla extract

## Directions

1. In a blender, mix all the ingredients (except for the diced apple). Blend until the mix gets thick.
  2. Add the diced apple and stir (with a spoon or a spatula)
  3. Pour the mix into a muffin cooking pan, and cook at 350°F. until cooked (about 30 minutes).
- Quick Tip:  
You can cook a big batch and freeze the muffins. Then just microwave the muffins when needed...



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- Per Serving --

**CALORIES: 598**

PROTEIN : 51g

CARBS : 65g

FAT : 13g

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# DAVE'S FAMOUS TURKEY MEAT LOAF

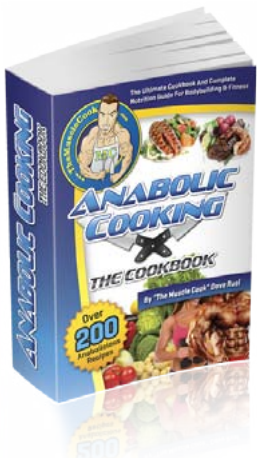
*Makes 6 servings*

## Ingredients

- 2 lbs ground turkey
- 1 tsp olive oil
- 1 diced onion
- 1 tsp garlic (optional)
- ⅓ cup dried tomatoes
- 1 cup whole wheat bread crumbs
- 1 whole egg
- ½ cup parsley
- ¼ cup low fat parmesan
- ¼ cup skim milk
- 1 tsp oregano
- Salt and pepper

## Directions

1. Cook the onion with olive oil separately
2. Mix everything together in a big bowl, add the cooked onions
3. Put the mix in a big baking pan
4. Bake at 375-400°F for about 30 minutes



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- Per Serving --

**CALORIES: 393**

PROTEIN : 46g

CARBS : 14g

FAT : 17g

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# BAKED CRISPY CHICKEN NUGGETS

*Makes 6 servings*

## Ingredients

- 3 boneless, skinless chicken breasts weighing about 6oz. each
- ¼ cup/60ml oat bran
- ¼ cup/60ml wheat germ
- 1 tbsp/15ml coarsely ground flaxseed
- ¼ cup/60ml coarsely ground almonds
- ½ tsp/2.5ml sea salt
- ½ tsp/2.5ml white pepper
- Pinch of garlic powder
- ½ cup/120ml water or low-sodium chicken broth
- 1 large egg white, lightly beaten

## Directions

1. Preheat oven to 400°F. Prepare baking sheet by lining with parchment paper or coating lightly with best-quality olive oil.
2. Cut chicken breasts into nugget-sized pieces, about 1.5 inches square. Set aside. Next, combine all dry ingredients in a large container with a tightly fitting lid. Shake well. This is your coating mixture.
3. Combine water and egg in a medium bowl. Dip each piece in the water/egg-white mixture. Then dip each piece in the coating mixture. Make sure each piece is well coated.
4. Place on the baking sheet. When all of your chicken has been coated and your baking sheet is full, place in the oven and bake for 10-15 minutes or until golden.

**- Per Serving -**

**CALORIES: 100**

**PROTEIN : 12g**

**CARBS : 7g**

**FAT : 3.5g**

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# THE MUSCLECOOK'S CHILI

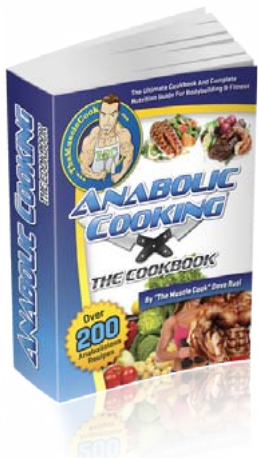
*Makes 9 cups*

## Ingredients

- 1.5 lbs ground buffalo (bison) or extra lean ground beef
- 1 diced onion
- 1 diced green pepper
- 3 garlic cloves, minced
- 1 tbsp chili powder
- 1 tsp turmeric
- 1 tsp oregano
- 2 cans (15oz/can) black beans
- 2 cans (15oz/can) diced tomatoes (with juice)
- 1 can (14oz) low sodium beef broth
- ¼ tsp salt/1 tsp pepper

## Directions

1. In a pan, cook the buffalo, green pepper, onion, garlic for 5-6 minutes, until it is almost cooked
2. Transfer everything in a big casserole. Add chili powder, turmeric, oregano, beans, tomatoes, broth, salt and pepper
3. Make it boil
4. Reduce intensity and stir for 20 minutes until it reaches wanted thickness



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- Per Serving --

**CALORIES: 260**

PROTEIN : 30g

CARBS : 26g

FAT : 4g

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# BEEF AND BROCCOLI STIR FRY

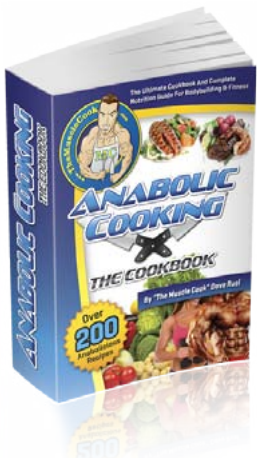
*Makes 1 serving*

## Ingredients

- 1 tsp olive oil
- 3 cups broccoli
- 2 thinly sliced carrots
- 1 onion, cut into wedges
- 6oz. sirloin steak cut into strips
- 3 tbsp low sodium chicken or beef broth
- 1 tbsp reduced sodium soy sauce
- 1 tsp whole wheat flour
- ½ tsp stevia

## Directions

1. Heat olive oil in a large skillet and add the prepared vegetables.
2. Cook, stirring until veggies are crisp tender and onions are browned. Put aside.
3. Stir in the beef strips, cook until desired doneness.
4. In a small bowl, combine the remaining ingredients, stirring to dissolve the flour; add to the beef mixture and cook stirring constantly until sauce thickens.



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- Per Serving --

**CALORIES: 554**

PROTEIN : 58g

CARBS : 38g

FAT : 19g

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# CLASSIC TUNA MELT PATTIES

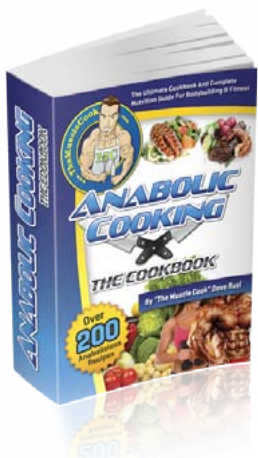
*Makes 2 servings*

## Ingredients

- 16oz can tuna, drained
- 1 egg white, beaten
- 2 tbsp oatmeal
- 2 tbsp onion, diced  
(or ¼ tsp onion powder)
- ¼ tsp garlic powder
- Salt and pepper

## Directions

1. Mix all ingredients together in a small bowl
  2. Heat a small non-stick frying pan over medium heat and spray with non-stick cooking spray
  3. Make two small patties and cook until both sides are brown
- Quick Tip:  
You can top the patties with fat free cheese



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- Per Serving --

**CALORIES: 144**

PROTEIN : 25g

CARBS : 4g

FAT : 2g

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# HIGH PROTEIN FUDGE BARS

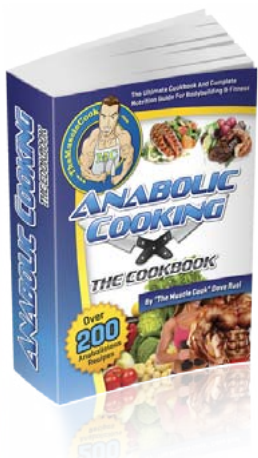
*Makes 10 bars*

## Ingredients

- 8 scoops chocolate protein powder
- 1 cup oatmeal
- ⅓ cup natural peanut butter
- 3 tbsp honey
- ½ cup 1% milk
- 3 tbsp crushed peanuts

## Directions

1. Mix together the protein powder, oatmeal, peanut butter, honey and milk.
2. Form into 10 bars and then roll in the crushed peanuts to finish.
3. Place in the fridge for about 30 minutes



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- Per Serving --

**CALORIES: 244**

PROTEIN : 25g

CARBS : 18g

FAT : 8g

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# LEMON CHEESECAKE

*Makes 2 servings*

## Ingredients

- 250g fat free cottage cheese
- 2 lemons, juiced
- 2 eggs
- ½ tsp baking powder
- ¾ cup Splenda
- Zest from half a lemon

## Directions

1. Preheat oven to 375°F.
2. In a blender, blend cottage cheese and eggs until smooth and creamy in texture. Remove mixture from blender and place into a mixing bowl. Mix in Splenda and lemon juice. Finally, add baking powder and lemon zest and mix well.
3. Fill two 2.5" ramekins with the mixture.
4. Fill a large baking pan half-full with hot water. Place the ramekins inside the baking pan so that the water comes approximately half way up the sides of ramekins.
5. Place the baking pan containing the ramekins into the oven and allow to bake for 35 to 40 minutes.
6. When finished baking, remove the baking pan from the oven and the ramekins from the water. Allow ramekins to cool outside of the water pan. When cool to the touch, place into the fridge over night

- Per Serving --

**CALORIES: 324**

PROTEIN : 57g

CARBS : 8g

FAT : 7g

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# BANANA BREAD SHAKE

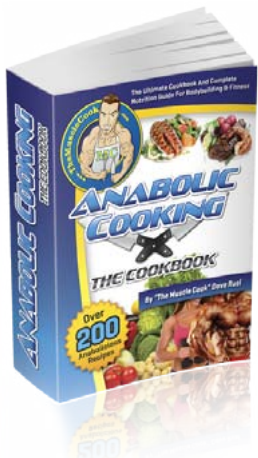
*Makes 1 shake*

## Ingredients

- 2 scoops Vanilla Whey Protein
- 1 banana
- ½ cup oatmeal (measured dry, cooked in water)
- ½ cup Bran Flakes
- 350 ml water
- Zest from half a lemon
- 25g dextrose (only post-workout)

## Directions

1. Blend and Enjoy!



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- Per Serving --

**CALORIES: 478**

PROTEIN : 56g

CARBS : 59g

FAT : 2g

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# Introducing

## ANABOLIC COOKING: THE COOKBOOK

### More than 200 “Anabolicicious” recipes

All full of flavour, designed to promote muscle building and fat loss, and that you can prepare in minutes - in fact recipes so easy to make even a 10 year old can do it!

### “Done-For-You” meal plans

I will tell you what to eat, when to eat, and how to prepare all your meals, with the complete shopping list and full step-by-step directions. All supported by my Best Nutrient Timing Strategies.

### Anabolic Cooking and Nutrition Fundamentals

Everything that a person involved in bodybuilding or fitness **MUST** know about nutrition. You will know exactly what’s in the food you are eating!

### A Virtual Cooking Class

Learn how to read a recipe, the different cutting techniques and cooking methods, completed with the Anabolic Cooking Glossary. All you need to know to get started cooking will be covered from A to Z!

### How to prepare **ALL** your meals for the week in less than 3 hours

### My Best Post-Workout nutrition secrets and tactics

Optimize your results as well as my best Post-Workout Shake recipes!

### Money Saving Tips

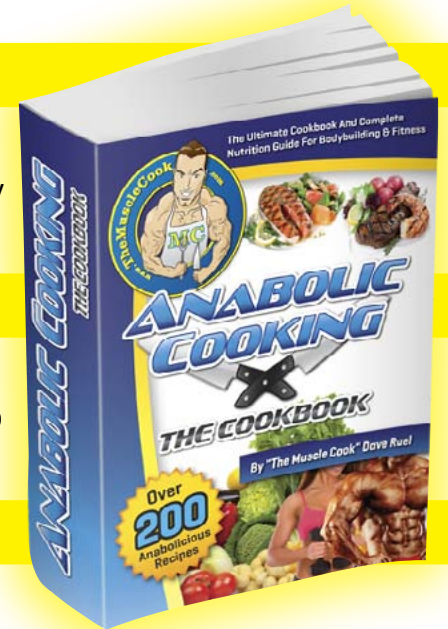
Stop wasting your money! Learn all my tips and tricks about smart grocery shopping. I’m going to show you how to fit the food you need into your budget, and demonstrate that eating the right food is in reality way cheaper than pre-packaged meals and take out.

### How to build your Anabolic Cooking Kitchen on a budget

All the tools you will need to prepare your meals and become the best cook in the family!

### How to manage your cheat meals

My action plan for when you are eating out.



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